

CAPITAL REGION NAVY RUNNING AND TRIATHLON TEAM APPLICATION

Name: _____

Rank: _____ Command: _____

Work Address: _____

(Street)

(City)

(State)

(Zip)

Work Phone: _____ Home Phone: _____

E-Mail address: _____

Sex: ☐ M ☐ F Age: _____

SELECT EVENT:

Triathlon Best Time: _____ Date: _____

Marathon Best Time: _____ Date: _____

Half Marathon Best Time: _____ Date: _____

10K Best Time: _____ Date: _____

5K Best Time: _____ Date: _____

Proof of sanctioned race time (e.g. USA Track & Field, USA Triathlon Association or Road Runners Clubs of America) required prior to selection. Mail to: Sports Office, MWR Department, Naval Support Activity Washington, Anacostia Annex, 2770 Enterprise Way SW, Suite 106, Washington, DC 20373-5823 or FAX to: 202-433-2422.

34 & Under	Regional Qualifying Times		All-Navy Qualifying Times	
Event	Men	Women	Men	Women
5K	19:00	24:00	16:00	20:00
10K	39:00	49:00	31:00	42:00
Marathon	3:30:00	3:50:00	2:45:00	3:00:00
Triathlon (Olympic Distance 2.5K/40K/109K)	2:30:00	3:00:00	2:00:00	2:28:00

(Time=hours : minutes : seconds)

35 & Over	Regional Qualifying Times		All-Navy Qualifying Times	
Event	Men	Women	Men	Women
5K	21:00	26:00	16:00	20:00
10K	43:00	53:00	31:00	42:00
Marathon	3:45:00	4:05:00	2:45:00	3:00:00
Triathlon (Olympic Distance 2.5K/40K/109K)	2:45:00	3:15:00	2:00:00	2:28:00

(Time=hours : minutes : seconds)